

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Harm Done by Hertzian Waves.

Ever since the extensive commercial employment of wireless telegraphy, there have been many who believe that the powerful Hertzian waves seriously affect organic life. In fact, some have even suggested that laws or regulations should be enacted to protect organic life against wireless waves. With a view to determining the extent and nature of the radio waves' influence on organic life and climate, Dr. C. Abel-Musgrave recently asked several questions on the subject to be answered by a number of prominent German scientists. The summary of their answers was that wireless waves have no influence on organic life, nor do they alter climatic conditions, although it is true that certain electrical stresses are capable of accelerating rainfalls.

What Was the Attraction?

"What's become of that young man who used to call on you, Ethel?" asked one bosom friend of another.

"George Macpherson, do you mean?" answered Ethel coldly.

"Yes, he was always calling at your house, wasn't he?"

"I can't understand him," said Ethel, with a confidential air. "He came around every night for three weeks."

"Yes, and then—"

"Then he stopped coming, and I can't decide whether he came to see me or simply to hear all our graphophone records."

Familiar Surroundings.

Grace—I've been trying for years to get my brother to take a vacation.

Harry—And he won't do it, eh?

Grace—No; says he'd be lonesome away from his work. He's a chiropractitioner, you know.

Harry—A chiropractitioner? Why don't you suggest his spending a few days at the foot of a mountain?

A Question.

Nurse—The new patient in our ward is light-headed.

Doctor—Delirious or blonde?

PROMPT RELIEF can be found in cases of Colds, Coughs, LaGrippe and Headaches by using Laxative Quinine Tablets. Does not affect the head or stomach. Buy your winter's supply now. Price 25c.—Adv.

He who starts out to meet trouble has a short journey.

LIQUID BLUE?

No, Mr. Grocer, that's mostly water. Since the war started it's more nearly all water than ever. Give me Red Cross Ball Blue, that's a two-ounce package of real goodness. You should see my clothes. I just can't keep from smiling out loud.—Adv.

A hot temper warps a man's better judgment.

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

Swiss Develop Toy Industry.

In Switzerland the toy industry has recently been developed to a considerable extent. Various organizations in different parts of the country have joined hands with a view of increasing its efficiency and of encouraging and facilitating the exportation of its products. Important orders have already been filled for France and England. Some firms alone have produced hundreds of new models in wood and in pasteboard, and more are being added daily. The industry is to be now in a position to take care of a large foreign demand and to supply many of the needs of the United States.

'Nother Labor Union.

Heiny—I see by the papers this morning there was another tie-up on one of the western railways yesterday.

Omar—That so? What was the cause?

Heiny—Oh, a silly couple thought it would be romantic to get married in a parlor car.

Tit for Tat.

The young couple were dawdling over a late breakfast after a night at an ultra smart party.

"Was it you I kissed in the conservatory last night?" hubby inquired.

She looked at him reminiscently: "About what time was it?"

The moral of a dog's tail always points to the past.

ALL RUN DOWN AND WORN OUT FROM KIDNEY TROUBLE

Some time ago I had a severe attack of kidney trouble, my condition was such that I was up and down; I was not able to work more than half of the time. I seemed all worn out, had no appetite and could not rest at night. I tried several different remedies all with no results. I wrote Dr. Kilmer & Co., and they sent me a small sample, which seemed to give me relief. I then purchased more Swamp-Root and continued to take it until restored to good health. I have been strong and healthy for the last twelve years. I cheerfully recommend Dr. Kilmer's Swamp-Root to others who have kidney trouble.

Yours truly,
MRS. R. CROSSLLEY,
Antlers, Okla.

Personally appeared before me this 1st day of March, 1915, Mrs. R. Crossley, who subscribed the above statement and made oath that the same is true in substance and in fact.

ED. BROWN, Notary Public,
In and for Pushmataha Co., Okla.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Eye to Business.

The Agent—I am selling a remarkable combination kitchen utensil. Housewife—What is it for?

"See this little blade?"

"Yes."

"That's a can opener."

"Indeed?"

"And this book is an appliance for lifting pans from the fire."

"What's this?"

"That's a tack puller."

"But suppose I want the girl to open a can of soup and my husband to pull some tacks while I attend to the pans on the stove?"

"Easiest thing in the world. All you have to do is to buy three of the utensils. Anything else, please?"—Rehoboth Sunday Herald.

Sensitive.

Every seat in the trolley was occupied when a group of women got in. Going through the car to collect the fares, the conductor noticed a man asleep. Seizing him by the shoulder, he proceeded to shake him back to a state of consciousness.

"Wake up!" shouted the conductor. "I want to see you."

"Not asleep," snapped the conductor. "Then what did you have your eyes closed for?"

"It was because of the crowded condition of the car," explained the passenger. "I just hate to see women standing."

A Wife's Work.

"I'm afraid Dubwaite is inclined to look down on his fellow man."

"Oh, that isn't his fault."

"No?"

"He was as modest a fellow as you ever met until he married Mrs. Dubwaite. She's made him think he's a celebrity."

He Knew.

"Oh, it must be terrible to be starving in the midst of abundance."

"You bet it is. I carved the turkey for a party of twenty people at my house on Christmas day, and I thought I never would get anything to eat myself."

Even gods sometimes do ill.

POULTRY FACTS.

FUMIGATION OF MUCH VALUE

Not Only Destroys Lice and Mites in Poultry House, But Also Kills Lurking Disease Germs.

Every fall, if not oftener, the poultry building should be thoroughly fumigated, not alone to destroy lice and mites, but to kill disease germs which may lurk in the cracks between boards and in the dust that collects on the timbers. The easiest method is to use the sulphur candles made for the purpose and sold by dealers in poultry supplies. If these cannot be obtained easily, flowers of sulphur, which may be obtained at any drug store and which is the finely powdered form, may be burned on live coals or with paper.

If coals are used a pan half full of sand and dirt may be set on the floor of the house, a shovelful of live coals put in it and half a pint of flowers of sulphur placed on the coals. If it is not convenient to use this method, a layer of lightly crumpled paper may be placed on the sand in the pan, some flowers of sulphur sprinkled on, then more sulphur until four or five layers are made, with sulphur on top. This may be lighted at the bottom and if it burns well, will fill the house full of the fumes. The contents of one pan will fumigate a house ten to fifteen feet wide and twelve to fifteen feet long. For a long building several pans must be used at the same time.

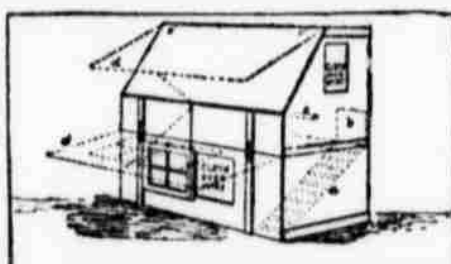
All windows and doors should be kept closed while the sulphur is burning so that the fumes will be confined and will penetrate every part of the house. The house should be kept closed for an hour and then may be opened and aired. In another hour it will be fit for the fowls to use again.

CONVENIENT FOR HEN FLOCK

Piano Box Affords Means of Providing Comfortable Quarters for Chickens in Winter.

For a small flock of fowls a piano box makes a very convenient poultry house. It can be worked over in many different styles. Usually the affair is made only one story high. This is not as economical of space as the double story house illustrated here-with. Such a house will commend itself to those having very limited space. The second floor is placed about a third of the way up from the lower floor. It may be made removable so as to be readily cleaned—simply fit loosely on four or more supports, such as brackets. The lid, d, should fit snugly over the frame and be easily raised by means of hinges. The fowls can reach this floor by walking up the incline, a.

A trap door, b, fits over the opening so the fowls may be confined in the



Piano Box for Poultry.

upper floor when necessary. C shows the position of the roosts. These should be on trestles about 18 inches high and be readily removable. D, d, show the hinged fronts which may be raised or lowered at will. At each end is a window covered with wire cloth. In the front is a glass window and also a wire cloth window. The whole poultry house should be covered with roofing paper to keep out the wet. The trap door, b, should be fastened up by means of a string or a wire which passes through the back of the house, and to be attached to a nail to hold it open.—Orange Judd Farmer.

OYSTER SHELL IS NECESSARY

Matter of Economy to Keep Plentiful Supply of Sharp Grit Before Fowls at All Times.

Many feed oyster shells and believe that this is all that is required in the line of grit. Oyster shell is necessary for the welfare of the fowls, supplying lime that goes into the formation of egg shell and bone, but it will not altogether answer as a substitute for grit, for the reason that it is too soft. Experiments have proven conclusively that it is a matter of economy to keep a plentiful supply of good sharp grit before the fowls all the time.

When fowls are not supplied with grit much of the food eaten passes through their bodies in an undigested state. Besides, the lack of grit throws an undue strain upon the digestive system, resulting in liver and bowel trouble.

Indication of Indigestion. The strictly healthy fowls do not have bowel complaint. Looseness of the bowels in fowls is simply an indication of indigestion, or derangement of the digestive organs.

No Males Needed.

The egg flocks need no males as it never pays to keep them where eggs are produced for market use only.

TRADE REVIVAL IN WESTERN CANADA

Not a Myth but an Actuality
Shown in the Returns of Agricultural Statistics and Every Department of Trade and Commerce.

The trade revival in Manitoba, Saskatchewan and Alberta is an actuality and not a myth. There is today a spirit of optimism in the air, just as two years ago there prevailed the opposite spirit of pessimism.

A general trade revival has been felt in every department of business in the Prairie Provinces. The agriculturists are in better shape than they have ever been before in their lives. No farmers of any country are in better financial condition and in a more general state of prosperity than are the farmers of Manitoba, Saskatchewan and Alberta. The farmers have harvested a record crop—a crop which enriches them to the extent of something over \$400,000,000.

In the cities the prosperity of the country has been reflected. Everywhere business is on the hustle. The wholesalers and the retailers and the implement dealers find business good. The banks and other collection houses find collections satisfactory, and financial men declare that westerners are paying up their debts. In Winnipeg the bank clearings have been the largest in history, exceeding some weeks the figures of Montreal and Toronto. The grain shipments have been the biggest in the history of Winnipeg and in the history of the twin ports, Port William and Port Arthur. The mail order houses have had a big year, the rush of fall orders exceeding all previous years and taxing the capacity of these establishments, whose most sanguine expectations have been exceeded by the actual business done.

The tide has turned in western Canada. The people of the West are forging ahead, forging ahead in actual production and in creation of wealth, giving generously to charitable and other funds, paying up their back debts, while going along carefully as regards any creation of new debts. They are economizing but not scrimping, acting cautiously but not miserly. The financial heads of eastern Canada, of the United States and of Europe are no longer criticizing western Canada; rather they are unstintingly offering their praise and their compliments. The financial press recognizes that the tide has turned in western Canada, and it has been published to the world.

The condition of western Canada at the close of 1915 is one of optimistic prosperity, backed by the same determination of western people to go on increasing their productiveness and maintaining the records which they have already established.

The trade revival of western Canada is the happiest feature in the business survey of the whole Dominion for 1915 and in the outlook for 1916.—Advertisement.

Painless Method. DeAuber—I wonder why the art committee failed to hang my picture? Critic—Perhaps they thought it would be less painful to electrocute it.

CARE FOR YOUR HAIR

Frequent Shampoos With Cuticura Soap Will Help You. Trial Free.

Precede shampoo by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these super-creamy emollients. Also as preparations for the toilet.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

More than half the newspapers published in the world are printed in the English language.

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darken your ugly, grizzly, gray hairs by using "La Creole" Hair Dressing.—Adv.

A woman is always perfectly sure she is in the right until it comes to backing her opinion with real money.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Send Eye Book on request.

The United States used one-fifth of the 49,000,000,000 pounds of sugar produced in the world last year.

Ec-Zene Kills Eczema.

Let us prove it. Take no substitute. If your Druggist does not have it, write to Ec-Zene Co., St. Paul, Minn.—Adv.

After a man has had occasion to employ a first-class lawyer you can't tell him that talk is cheap.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

The Bosphorus is about 17 miles long with a breadth of a third of a mile to two miles.

For frostbites use Hanford's Balm.—Adv.

Missouri's law code is to be revised by a commission of 15 persons.

"HELP WANTED"

When the
APPETITE IS POOR
DIGESTION BAD
LIVER LAZY
BOWELS CLOGGED

YOU SHOULD TRY
HOSTETTER'S
STOMACH BITTERS
IT STRENGTHENS AND INVIG-
ORATES THE ENTIRE SYSTEM

Foiled! He Bit.
"Yes, I told father that white poker chip I dropped was a peppermint tablet."

TAKE SALTS TO FLUSH
KIDNEYS IF BACK HURTS

Says Too Much Meat Forms Uric Acid
Which Clogs the Kidneys and
Irritates the Bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.—Adv.

More than 4,500 persons have applied to join the latest British polar expedition.

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the
Signature of *Dr. J. C. Fletcher*
In Use For Over 30 Years.
Children Cry for Fletcher's Castoria

Some men spend so much time boosting the other fellow's game that they forget their own.

Spartan Women Suffered Untold Tortures but who wants to be a Spartan? Take "Femmina" for all female disorders. Price 50c and \$1.00.—Adv.

The cross was in some sense a religious symbol among the heathen before the Christian era.

Only One "BROMO QUININE"
To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c

A muscle from a frog's leg is utilized by a French inventor to receive and record wireless signals.

Pneumonia? Apply Hanford's Balm. Rub it on and rub it in thoroughly, until the skin is irritated. Adv.

Over 18,000,000 visited the Panama-Pacific exposition.

It's Foolish to Suffer

You may be brave enough to stand backache, or headache, or dizziness. But if, in addition, urination is disordered, look out! If you don't try to fix your sick kidneys, you may fall into the clutches of kidney trouble before you know it. But if you live more carefully and help your kidneys with Doan's Kidney Pills, you can stop the pains you have and avoid future danger as well.

An Oklahoma Case

Francis A. Lewis, 913 Seventh St., Lawton, Okla., says: "I was in misery and the doctor said I had catarrh of the bladder. Finally, he gave me up as incurable. The pain I endured is beyond description and the kidney secretions were in bad shape. I lost a lot of weight, too. On a neighbor's advice, I took Doan's Kidney Pills and they restored me to good health."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

"I Feel Like A Real Day's Work"

Most men do who have good digestion, steady nerves and a clear brain. Right living—particularly right eating—makes for energy and ambition.

The sound nourishment that gives "punch" to wade right into work, is richly supplied by the field grains. But some grain foods are lacking in certain mineral elements which are all-important for physical and mental vigor.

Grape-Nuts

FOOD

—made of selected whole wheat and malted barley, furnishes one all the nutriment of the grain, including their vital mineral salts—phosphate of potash, etc.—necessary for the balanced rebuilding of body, brain and nerves.

Grape-Nuts is easily digested; has a delicious nut-like flavour; is ready to eat direct from package; and with cream or good milk is a splendidly balanced food.

"There's a Reason" for GRAPE-NUTS

Sold by Grocers everywhere.

